

# *Sweet Potato, Mushroom & Spinach Baeckeoff*

Our favorite French casserole, Meez style. We're layering sweet potatoes, mushrooms, turnips and spinach, then baking it up in a French-inspired herbed wine sauce smothered with melty gouda. The result is a cozy casserole that just happens to be low in carbs and light on calories.

**45** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super-Easy*

## *Getting Organized*

### EQUIPMENT

Large Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Sweet Potatoes  
Mushrooms  
Turnip, Garlic & Onion  
White Wine Sauce  
Spinach  
White Cheddar &  
Gouda

## *Make the Meal Your Own*

Once upon a time, villagers in Alsace would bring their casseroles to the local baker to cook while the women did their weekly laundry. The dish became known as a baeckeoff, or "baker's oven."

## *Good to Know*

**Health snapshot per serving** – 343 Calories, 9g Protein, 19g Fat, 13 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Spinach, Turnips, Sweet Potatoes, Mushrooms, Red Onion, Smoked Gouda, Cheddar, White Wine, Heavy Cream, Parsley, Garlic, Thyme, Tarragon, Black Pepper.

*meez* meals

### 1. Getting Organized

Preheat oven to 350. Use cooking spray or a brush to oil the bottom of a loaf pan or casserole dish.

### 2. Cook the Sweet Potatoes

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, place the **Sweet Potatoes** into the pan and cook until they start to soften and the edges turn brown, about 4 to 5 minutes. Remove the potatoes from the skillet and place in a single layer on the bottom of the loaf pan.

*Don't wipe out the skillet. You'll be using it in step 3.*

### 3. Sauté the Vegetables and Sauce

Add the **Mushrooms** to the skillet and cook until they start to soften and turn brown, about 4 minutes. Stir in the **Turnip, Garlic & Onion** mix and sauté until the turnip softens and the onions are translucent, an additional 4 minutes.

Add the **White Wine Sauce** and simmer until the liquid is nearly evaporated, 3 to 5 minutes. Remove from the heat and stir in the **Spinach** and half of the **White Cheddar and Gouda**.

### 4. Bake the Casserole

Transfer the contents of the skillet to the loaf pan, layering it on top of the sweet potatoes. Top with the remaining cheese and bake until the cheese is brown and bubbling, about 25 minutes. Remove from the oven and let cool for at least 5 minutes, then serve and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**